

Slow Cooker Creamy Lemon Chicken

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Serves 5, 4 FSP per serving

- 5 boneless, skinless chicken breasts
- 6 Tbsp light butter
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1 tsp Italian seasoning
- 2 lemons (juiced and zested)
- 2 cloves garlic (minced)
- 1 cup fat free half and half
- 1 Tbsp cornstarch
- 1 Tbsp chicken bullion

1. In a large cast iron skillet add 1 Tbsp butter and melt over medium heat.
2. Season the chicken with the salt, pepper and Italian seasoning. Add chicken to hot pan.
3. Cook on each side 5-6 minutes
4. Add the chicken to the slow cooker
5. Cover with lemon juice, lemon zest, garlic and the rest of the butter, cut into pieces
6. Cook on low 4 hours or high 2 hours

7. In a bowl, mix the half and half, cornstarch and chicken bouillon and whisk well.
8. Add the liquid mix to the slow cooker and cook an additional hour on high.